

Homelessness (AK 95-USDA 801)

Explain to Participant You're enrolled in the WIC program today because WIC enrolls women, infants and children into the program when they have no regular nighttime residence.

Goal The goal is to support the nutritional needs of homeless women, infants and children and to refer them to other agencies that offer assistance.

Suggestions for Reducing Risk Tailor WIC food packages based on storage and cooking facilities.
Explain the nutrition education materials suggested.

Nutrition Education Material Suggested
Foundation for Fitness...for Your Special Delivery
After You Deliver Health Tips for Moms
Hot Food Facts For Cool Kids
A Guide to Feeding Your Baby The First Year

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information Bright Future for Infants